

Positive Alternatives 2017 - 19 Quarterly Update

Grantee: Birthline

Goal: Support, encourage and assist women in carrying their pregnancies to term and in caring for their babies after birth.

For the period: October, November, December 2017

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Activity or Service	Activity or Service Description Major Work Plan Activities	Work Plan Count	Program Progress and Accomplishments Report the progress and accomplishments made this period on each activity.	Report Count
Administrative Activities	Hiring, training, volunteer coordination, staff assessment, reporting and other administrative duties.		On-going volunteer coordination, monthly staff meeting/assessment and continued quarterly reporting. New Stepping Stones (SS) Coordinators are running the program and have client caseloads.	
Outreach	Increase outreach to vulnerable populations through ads in college directories and other multilingual school-based printed materials; billboards; paid and free ads on social media venues. In person visits and presentations.		SS coordinators have started to meet with expecting/parenting teen moms at the Area Learning Center. Stepping Stones coordinator continues to coordinate and host the Young Parent Program. We are ramping up our search engine optimization and on-line presence to reach a greater population of individuals.	
Car Seat Program	The importance of correct car seat installation is discussed with all Stepping Stones clients in the one-to-one informational session. All women are provided the opportunity to attend the car seat class and may	Educ 40 Installat ion 10	All 24 new Stepping Stones clients received correct car seat installation education in their one to one information session, as well as receiving the Buckle Up Kids brochure. Stepping Stones clients had the opportunity to take the advanced car seat safety class and receive a car seat as incentive, which 7 SS clients completed during this reporting period. 9 individuals who attended the class chose to	31 9

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	select a car seat as an incentive item in the program.		receive a car seat as an incentive. SS coordinators continue to administer the Car seat safety evaluation for Birthline's YR2 evaluation area.	
Case Management Services	All Stepping Stones clients receive in person mentoring and case management; Advocate services include in person and/or telephone follow up for those not enrolled in Stepping Stones.	69	25 new Stepping Stones clients received in person mentoring and case management. There were 35 ongoing SS clients who all received regular one to one follow-up/case management services. Program staff uses a follow-up program within Ekyros to ensure clients receive regular follow-ups and case management.	60
Crib Distribution/ Sleep Safety Education	The importance of safe sleep techniques is discussed with all Stepping Stones clients in the one-to-one informational session. In addition, all women are provided the opportunity to attend the Safe Sleep Class and may select a pack-n-play/Crib as an incentive item in the program.	Educ 40 Distribu- tion 10	21 Stepping Stones clients received Safe Sleep education in their one to one information session. 6 SS clients attending Safe Sleep class. The SS coordinators continue to keep up to date on new safe sleep information. 2 pack-n-plays were selected as incentives during this reporting period.	27 2
Education Assistance	Women are provided the encouragement and assistance necessary to complete their high school or higher education. Those who select that option are given direct support in education planning and referrals to additional education counselors. Activities include completing educational goals worksheet, meet with a guidance counselor, take GED exam, complete	8	All clients seeking or continuing with their education are provided necessary assistance. We had 5 Stepping Stones clients choose education as their goal and 2 continuing to work on education as a goal. In addition, 2 clients taking ESL classes, 1 working on GED, 6 working on their college degree, and 4 continuing with high school.	20

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	FAFSA, and ESL classes.			
Employment Assistance	Women are provided the encouragement and assistance necessary to improve their employment status. Those who select this option are provided resources for career planning and work stations to develop skills and search for employment. Topics covered are resume/cover letter writing, filling out employment application, visit DEED website and more.	14	2 new SS clients chose employment as a goal in their SS program. 4 on-going Stepping Stones clients obtained employment, 1 seeking, and 6 maintaining employment through their pregnancy.	13
Life-Skills Education Program	Women and fathers are provided the opportunity to attend a wide variety of life skills education classes and one-to-one sessions, such as financial literacy and budgeting, sexual integrity, healthy relationships, apartment and home rental, etc.	30	All women and fathers in the Stepping Stones program are provided and encouraged to attend life skill classes, have one to one sessions, and work on a variety of life skill homework.	60
Material Support	All women are provided an opportunity to receive a free \$25 voucher to be used at Treasure Chest Thrift Store for maternity clothing and infant supplies. Emergency layettes are provided on an as needed basis.	50	All 33 new intake clients were provided the opportunity to receive a Treasure Chest voucher for maternity clothing (15 women chose to receive a voucher). 4 women received an emergency layette with diapers and other infant necessities, 1 individual received emergency diapers/wipes, and 1 individual received formula.	39

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	All Stepping Stones participants can earn additional material supplies, such as diapers, infant clothing, infant care items and adult care items.		All 60 (new and on-going) Stepping Stones participants had the opportunity to earn additional material support.	
Mental Health	Women are provided referrals or assistance obtaining mental health assessment, counseling and treatment programs.	6	During the initial assessment and goal setting, 1 woman reported a need for advanced mental health resources and specifically identified this as a goal. Our Client Advocate/SS staff provided information for referrals to a mental health professional and encouraged follows through and 2 additional clients attended counseling sessions. All pregnant women receive information and education on baby-blues and postpartum depression.	3
Parenting Education	All parenting women have access to classroom-based parenting programs, self-paced parenting videos, and individual worksheet assignments. Activities include Baby Bootcamp for infant care education, age appropriate discipline, bonding with baby, co-parenting with father, etc. All are provided referrals and assistance for additional education if needed	50	All 25 new Stepping Stones participants and 35 on-going SS clients have access to parenting classes, self-paced videos, and individual homework (206 parenting homework assignments). In addition, all parenting women have access to parenting classes and referrals.	60
Pregnancy Education	All women enrolled in Stepping Stones are provided information on smoking cessation, alcohol/drug cessation and prenatal nutrition. Women may elect to attend additional prenatal classes that cover healthy infant development from conception to birth, and childbirth	50	All women Stepping Stones participants received one to one education on these prenatal health topics. All 25 new SS clients and 35 on-going SS clients had the opportunity to attend classes, do self-paced parenting videos, and individual assignments. In addition, all parenting women have access to parenting classes and referrals.	60

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	<p>education class. Doula services are available to all women.</p> <p>All parenting women have access to classroom-based parenting programs, self-paced parenting videos, individual educational activities; and are provided referrals and assistance for additional education as needed.</p>			
Medical Services/ Pregnancy Testing	Pregnancy tests and/or program needs assessment are offered at initial intake; referrals and support for ultrasound and prenatal exams (pregnancy tests are not paid by PAG). Prenatal vitamins are offered to all pregnant women. Pregnancy options counseling is provided, referrals to adoption agency as needed.	50	All new (33) clients were offered the option of taking a pregnancy test at the initial intake assessment (5 individuals opted to take a pregnancy test). 1 new client chose to receive prenatal vitamins at their new mentor intake.	33
Provide Necessary Services to All Clients	<p>Provide intake assessment to determine need.</p> <p>Provide women with information on, referral to and assistance with securing pregnancy support services as identified by MDH.</p> <p>Utilize resource database to provide information and make</p>	40	There were 33 women who received intake assessments consisting of securing necessary services. Referrals to community organizations were provided. Common referrals include: cash/financial assistance, SNAP, WIC, medical care and assistance, daycare assistance, housing assistance, educational assistance, and more.	33

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	referrals			
Provide Necessary Services Assessments Only	Provide women with information on, referral to and assistance with securing pregnancy support services. Utilize resource database to provide information and make referrals	1	All new clients were provided with information on, referral to and assistance with securing pregnancy support services and only 1 client only received necessary services assessment only.	1
Transportation Assistance	Women are provided the opportunity to receive gas gift cards or bus passes as an incentive item (or emergency support) to support their transportation needs.	10	All Stepping Stones participants were given the opportunity to receive gas cards or bus passes as an incentive; 4 gas gift cards were chosen as an incentive and 1 bus pass as an incentive in their programming; 1 individual received an emergency bus pass.	6

Maternal and Child Health Initiative Task Force Strategies	No.
<i>Number of women who received car seats and car seat safety education from a PA funded program activity</i>	36
<i>Number of women who received car seat safety education only from a PA funded program activity</i>	30
<i>Number of women who received child abuse prevention education from a PA funded program activity</i>	24
<i>Number of women who received abusive head trauma (shaken baby) prevention education from a PA funded program activity</i>	24
<i>Number of women who received a baby bed, crib, or pack-n-play and sleep safety education from a PA funded program activity</i>	23
<i>Number of women who received sleep safety education only from a PA funded program activity</i>	21

Challenges: Thanksgiving and Christmas both fell in this quarter of reporting, which resulted in fewer client appointments available and days for classes to occur on. Winter weather and illness have also affected our numbers. All these factors affected our availability of our volunteers to offer shopping appointments for our clients. We are faced with a shortage of doulas, which has caused us to have limited availability for clients to obtain a doula for their birth. In response to this situation, we are establishing a new format for our doula program along with training, in hopes to recruit, train, and obtain more doulas to provide services to our clients.

Comments: We are seeing a great increase in client participation in both life and relationship coaching. We also are seeing that clients are participating in repeat sessions of both. Our new Stepping Stones Coordinators are doing well and clients have adjusted nicely. We also are seeing an increase of referrals from the OB/GYN's at Centre Care Clinic. Our Client Advocate is certified in Life Coaching with Learning Journey's.